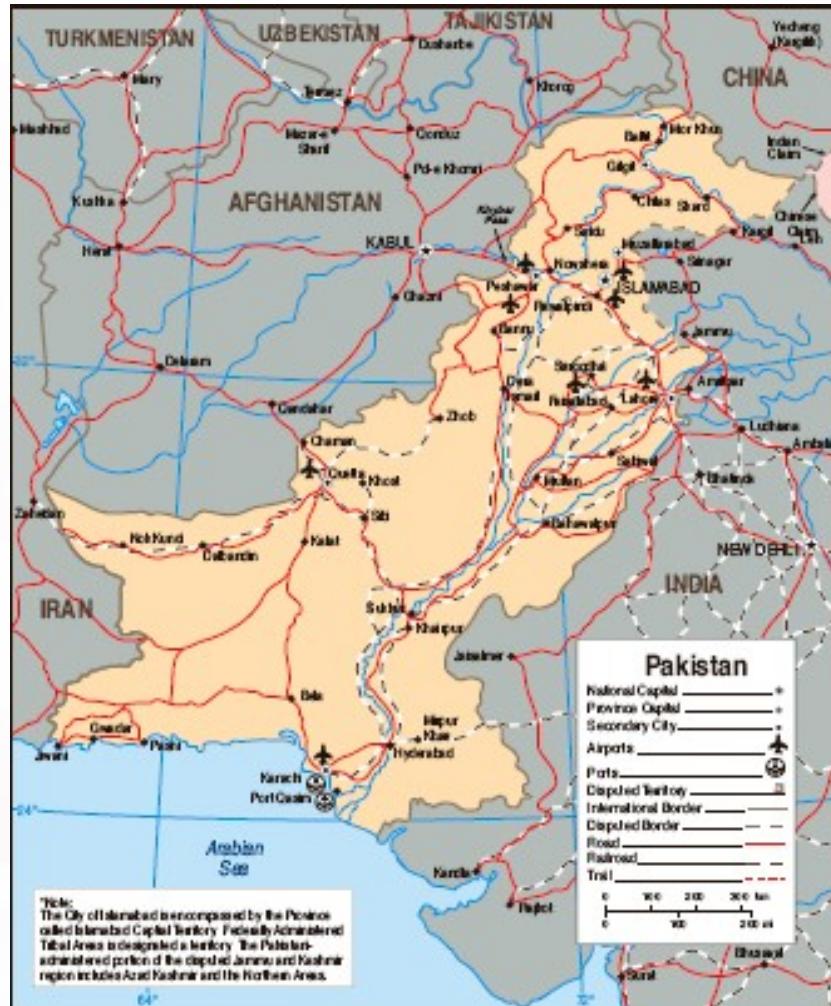
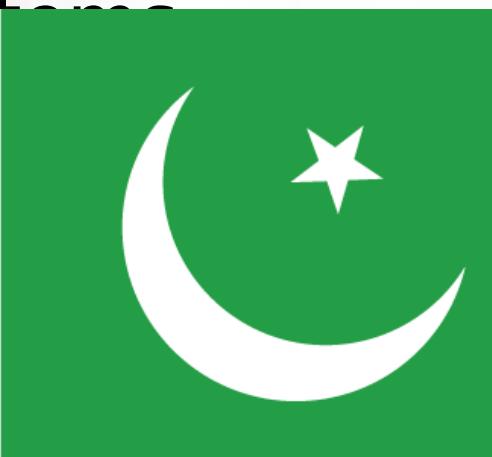


# PAKISTAN

- Plagued by wars with India
  - Nuclear testing
  - Deteriorated public health

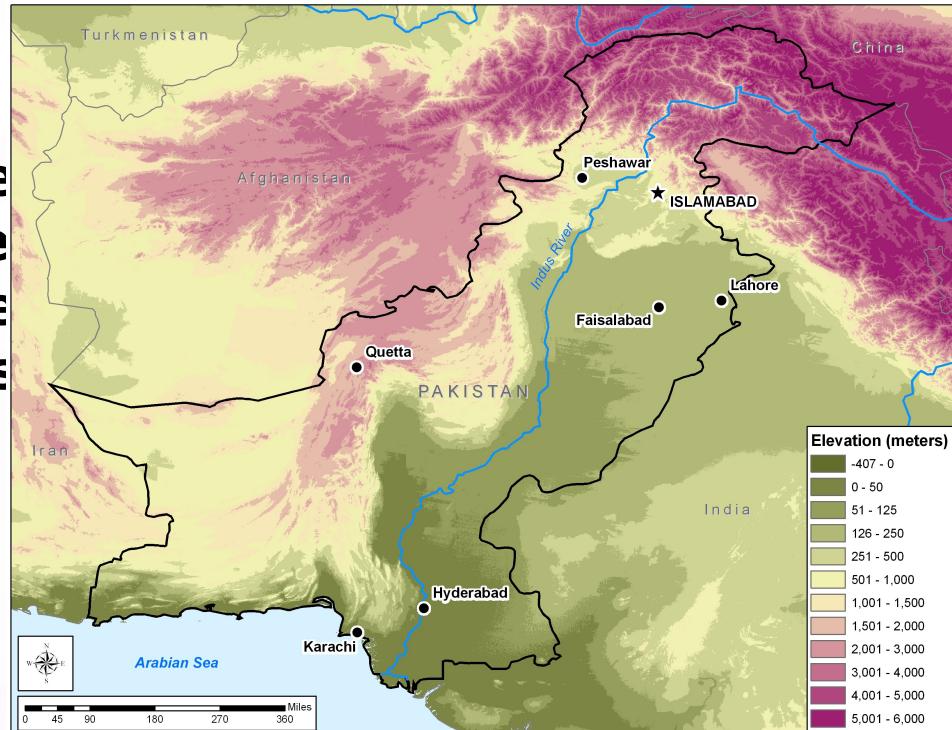


# Physical Environment

- Topography
  - If operating above 6,000ft implement high elevation countermeasures

- Climate

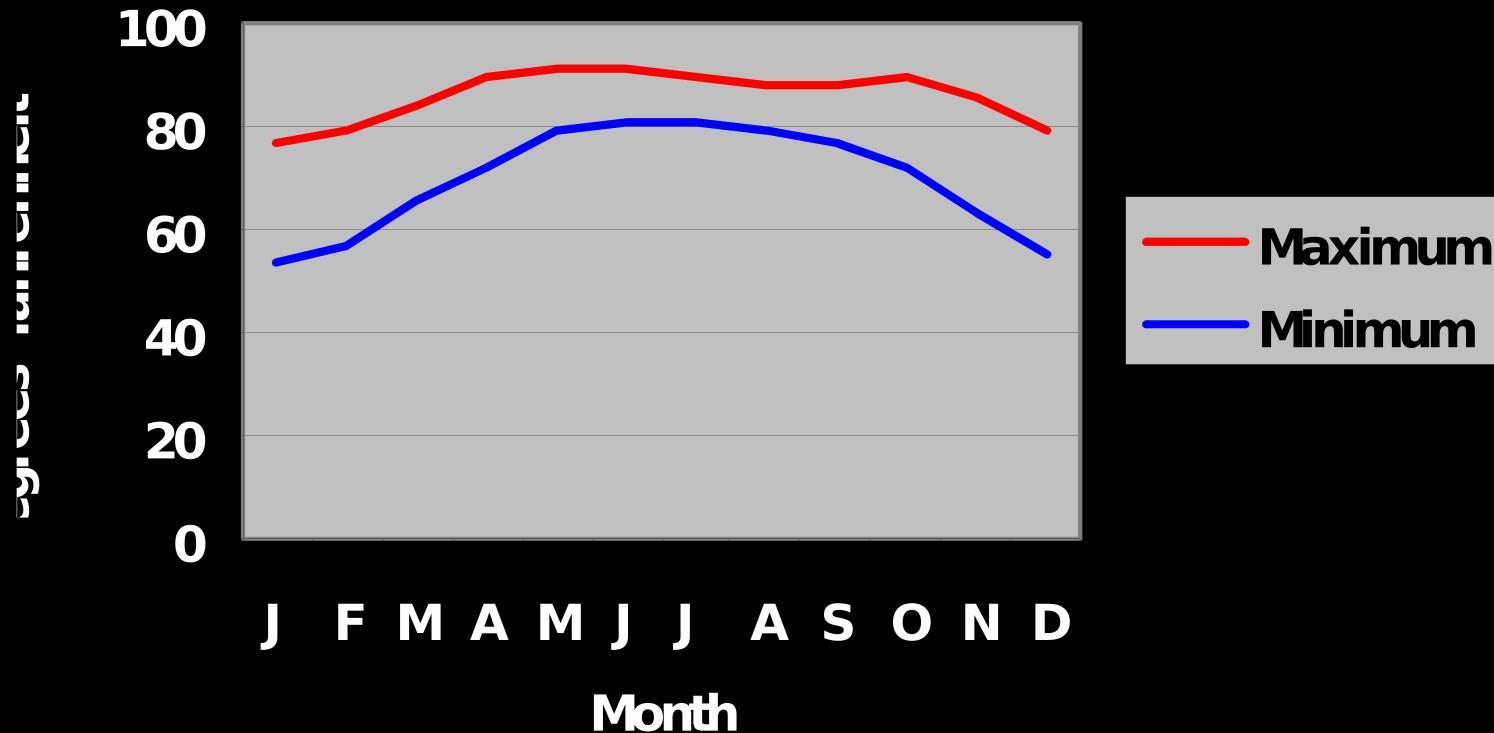
Arid to semiarid; cold winters and hot summers  
Terrain: mostly rugged mountains; plains in north and southwest



*Northern highlands: 1/2 of elevations above 15,000ft  
highest point: K-2 (Mt. Godwin Austin) at 28,413, world's 6.0*

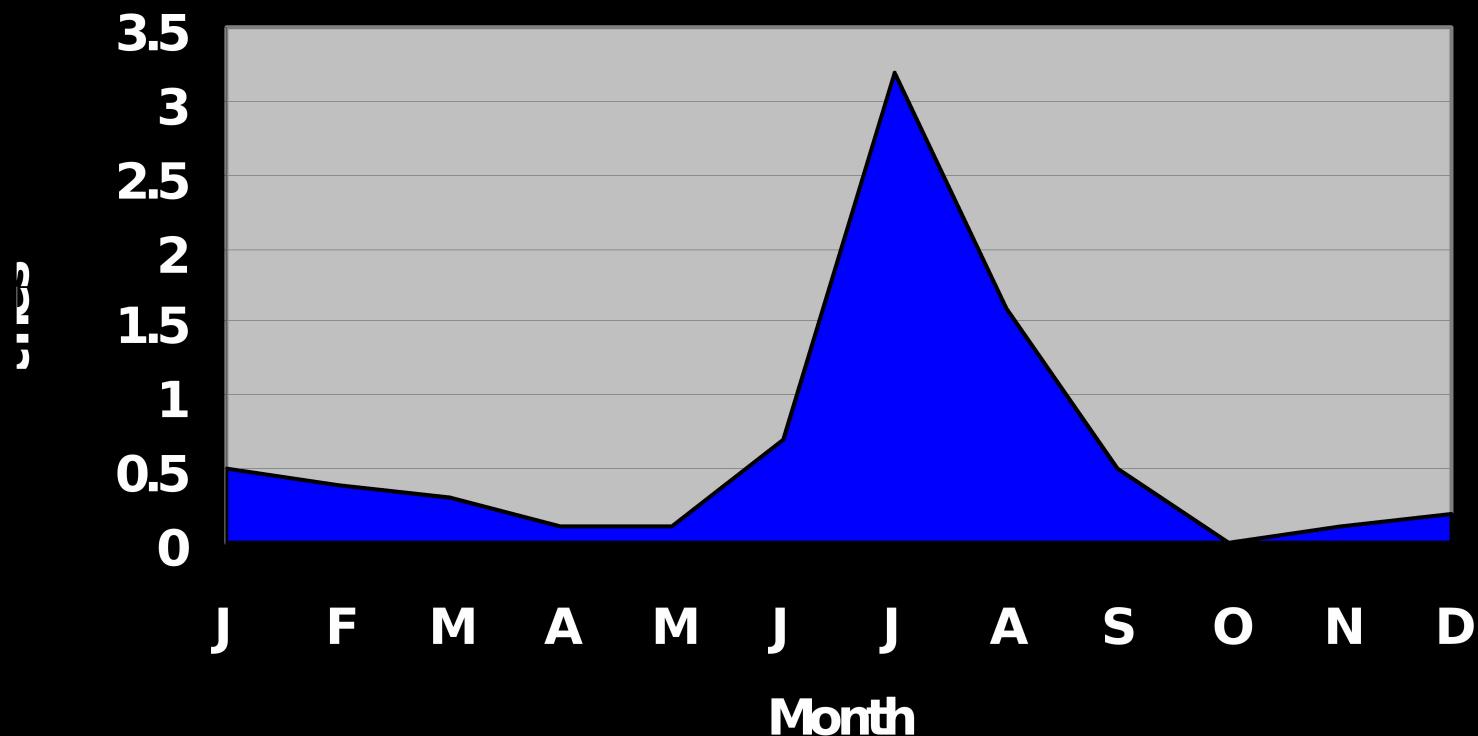
# Physical Environment

Average Max/Min Temperature in Karachi



# Physical Environment

Average Total Precipitation in Karachi



# Environmental Health Risk

- Greatest short term risks associated with ingestion of contaminated food/water; extreme heat/cold; airborne particulates; high altitude
- Greatest long term risks associated with air contamination and chemical contamination of food/water



# Infectious Disease Risk

- **HIGH RISK** for infectious diseases
- Inadequate force health protection (FHP) measures, will seriously jeopardize mission effectiveness

# Infectious Diseases

- Foodborne and Waterborne Diseases
  - **HIGH RISK** = Diarrhea, hep A & E, typhoid fever
  - **INTERMEDIATE RISK** = brucellosis, cholera
- FHP Priorities
  - **Deploy appropriate PM personnel and equipment**
  - Consume food, water, ice only from US-approved sources
  - Operate food preparation facilities in accordance with Army doctrine
  - Ensure proper hand washing facilities near all latrines and dining facilities and enforce

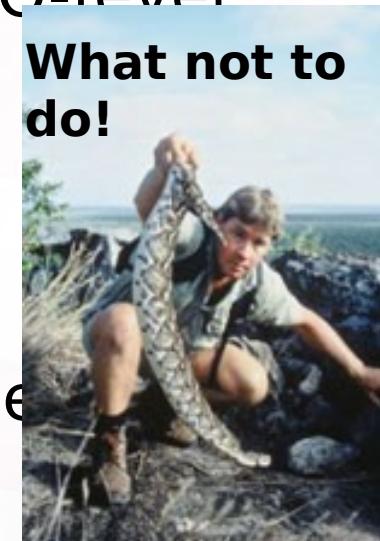
# Infectious Diseases Cont.

- Vector-borne Diseases
  - **HIGH RISK** = Malaria, Dengue fever, Leishmaniasis
  - **INTERMEDIATE RISK** = Chikungunya, Crimean-Congo fever, Japanese encephalitis, Rickettsioses, Sand-fly fever, Scrub typhus, West Nile fever
- FHP Priorities
  - Use DEET on all exposed skin
  - Treat field uniforms with permethrin
  - Use bed nets in field conditions, treat with permethrin
  - **Enforce malaria chemoprophylaxis as appropriate**



# Infectious Diseases Cont.

- Animal-contact Diseases
  - **HIGH RISK** = Rabies, among the highest in the world
  - **INTERMEDIATE RISK** = Anthrax, Q-fever
- FHP Priorities
  - Avoid animal contact
  - No mascots
  - Report all animal bites and scratches



# Infectious Diseases Cont.

- Sexually Transmitted Diseases
  - **INTERMEDIATE RISK** = gonorrhea, chlamydia, HIV, Hep B
- FHP Priorities
  - Avoid sexual contact
  - Use latex condoms if sexually active



# Infectious Diseases Cont.

- Water-contact Diseases
  - **INTERMEDIATE RISK** = leptospirosis
- FHP Priorities
  - avoid unnecessary contact with lakes, rivers, streams, and other surface water

There will not be a sign like

WARNING!

LEPTOSPIROSIS

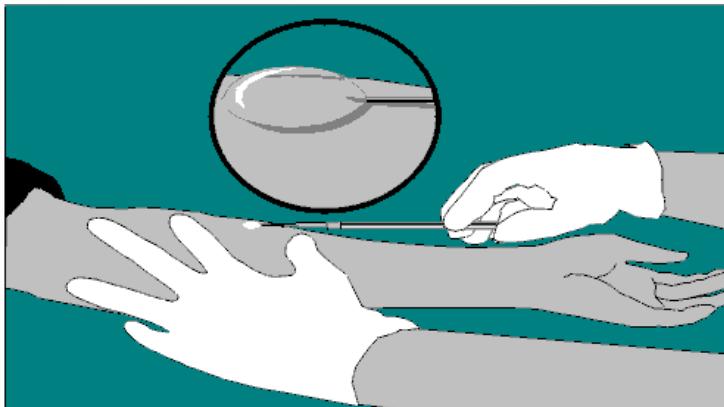
HEALTH HAZARD

FRESH WATER STREAMS AND MUD  
POSSIBLY POLLUTED WITH BACTERIA

SWIM, BOAT,  
OR HIKE AT YOUR OWN RISK

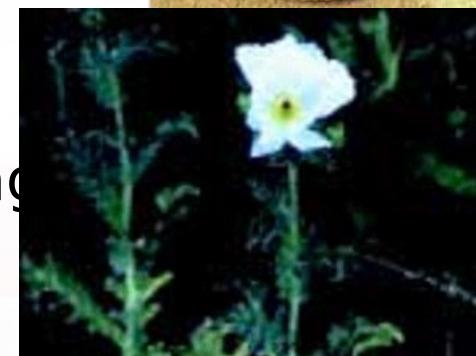
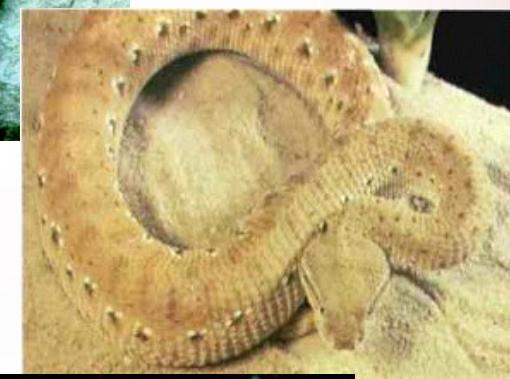
# Infectious Diseases Cont.

- Respiratory Diseases
  - **INTERMEDIATE RISK** = tuberculosis
- FHP Priorities
  - Tuberculin skin test before and after deployment
  - Avoid close contact with local population



# Hazardous Animals & Plants

- Animals
  - Rabid dogs, snakes, centipedes, scorpions, spiders
- Plants
  - Mexican Poppy, Fetid Nightshade
- FHP Priorities
  - Do not handle animals
  - Shake out boots, clothing, & bedding
  - Do not touch, chew, eat, or burn unfamiliar plants



# SUMMARY

- Physical Environment
- Infectious Diseases = **High Risk**
- Hazardous Animals and Plants
- FHP measures are simple and effective
  - Use and Enforce
  - Will conserve the fighting stren

